

## Salmon en Croute

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**Serves:** 4



**Ingredients:**

Vegetable oil, for greasing  
4 x 6 oz fillets wild Alaska salmon  
Salt and freshly ground black pepper  
8 oz spinach  
4 sheets filo pastry  
2 oz butter, melted  
7 oz tub soft cheese flavoured with garlic and herbs  
Salad or fresh vegetables, to serve

**Directions:**

Preheat the oven to 400°F. Grease a baking sheet with a little vegetable oil.

Remove and discard any skin from the salmon fillets. Season them with a little salt and pepper.

Cook the spinach in a tiny amount of boiling water for 3-4 minutes until wilted. Drain and squeeze out the excess water. Cool for a few minutes.

Unroll the sheets of filo pastry. Brush each sheet with melted butter, layering them into one pile. With a sharp knife or scissors, cut into 4 wide strips

Divide the spinach into four and place some onto the middle of each pile of pastry. Arrange a salmon fillet on top, then share the soft cheese between them, spreading it over the top surface of the salmon. Fold the pastry around the salmon to partially enclose it. Transfer to the baking sheet and brush with any remaining butter.

Bake for 12-15 minutes, until the pastry is golden brown. Serve at once, with salad or vegetables. Alternatively, cool, wrap and keep chilled to serve cold.

**Cook's tip:** Use plain low fat soft cheese and flavor it with finely grated lemon rind and chopped fresh chives or spring onions, if you prefer.